

GETTING UNSTUCK: A PROGRAM FOR HIGH PERFORMANCE LIVING

October 25, 1990

7:00 - 10:00 p.m.

Silver Spur

Convention Center

Dodge City, Kansas

Sponsored by:



**DODGE CITY
COMMUNITY COLLEGE
CENTER FOR**

BUSINESS AND INDUSTRY

2501 N. 14th Avenue

Dodge City, KS 67801

(316) 225-1321

Getting Unstuck: A Program for High Performance Living



Jane Handly, CSP

Jane Handly is a unique and gifted motivational speaker with an international reputation as a specialist in customer relations and business development.

Jane is a graduate of Wake Forest University with a Master's Degree in Communication and has produced educational materials including a film which was broadcast on public television.

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Fee is \$15 if registered
before 5:00 p.m., October 19th
Late Fee \$20

To register call the
DCCC Enrollment number:
(316) 225-4114

or
(316) 225-1321 ext. 295

Do you feel trapped in your career? Has the romance gone out of your marriage? Are your relationships with your children and other people less than ideal, but you convince yourself, "That's just the way life is"? Are you so depressed about your appearance, your financial situation, the loss of a job or chronic illness that you feel you might as well give up? Many people experience the feeling of being unable to get out of a rut at different times in their lives. But if you constantly ask yourself, "Is this all there is to my life?", you may be feeling stuck. Now, Jane Handly offers a simple, easy to follow plan for overcoming the urge to give up when faced with life's obstacles.

As a teacher and consultant to major companies nationwide, including Neiman Marcus, IBM and Polaroid, Jane has helped thousands of people get out of their ruts and make constructive changes in their lives. Using self quizzes, goal setting strategies and inspirational stories about celebrities and ordinary people, Jane will show how you, too, can overcome any problem that confronts you and never feel stuck again.

"Getting Unstuck is a veritable encyclopedia of how-tos. Jane Handly has assembled some of the world's best thinking on the subjects of self-esteem, productivity, and goal-setting, and laced it with original and fresh approaches. It cannot fail to help the average person who assuredly has become stuck in the muck and mire of life."

Art Linkletter, author of
Old Age Is Not For Sissies

* **RELATIONSHIPS:** Does your marriage mean mental pain, anxiety, a search for approval or even physical abuse instead of joy? Is your relationship going nowhere but you're afraid to let it go? Jane shows you how to identify the needs binding you to an unhealthy relationship and how you can break free of them.

* **PRODUCTIVITY:** Is your motivation to achieve great things in your career gone? Do you feel so burned out that just making it through the day becomes your goal in life? When you wake up in the morning do you dread going to work? As Jane tells you, it isn't necessarily your job causing your distress. She shows you how to pinpoint the reasons you're feeling this way and how you can change your own behavior to increase productivity.

* **SELF-DISCIPLINE:** Does your life feel chaotic? Does your work day somehow get away from you before you are able to achieve what you planned to do? Do you keep trying to change bad habits like overeating, overindulgence in alcohol or dependence on drugs but constantly run into obstacles and quit? Jane offers a six-point plan for setting short-term goals and daily routines in both your work life and personal life to achieve more than you ever thought possible.

Clients

Apple Computer, Contel, IBM Corporation, National Fidelity Life Insurance, Neiman Marcus, Pearle Vision, Polaroid, Saladmaster Corporation, Southwest Airlines, Southwestern Bell Telephone, State Farm Insurance.

Comments

Thank you Jane . . . for a super presentation! The conference participants just raved about your wonderful program. You received one of the highest ratings of any TSAE speaker.

Marilyn Monroe, CAE, President
Texas Society of Association Executives

It has been four months since Jane Handly made her presentations to the Eastern Division. The initial impact was very positive. A large percentage of our employees expressed it was the best thing the company had ever done for them.

Dave Milliman, District Manager
GTE

I wanted to take this opportunity to thank you (Jane) for the excellent presentation that you provided at our recent convention in Dallas. The subject of image and the way that associates present themselves to customers is of great concern to the photographic industry.

Richard E. Stoneman, Director of Education
Photo Marketing Association International

The presentations to our senior management were energetic, thought provoking and challenging. As Director Paul B. Gains said recently, "this speaker exceeded all my expectations in her ability to involve and inform. She (Jane) has a special message for all service providers."

Cheryl G. Lawson, Sr. Personnel Specialist
City of Houston Department of Aviation

Your presentation in Tampa last week was, without question, the highlight of our Regional Meeting. Thank you, Jane, for opening our meeting with a sense of purpose, a sense of humor, and a much needed sense of reality regarding our priorities in life.

Steve Lamberti, Senior Vice President
Daseke Management Company of America, Inc.